

Talking to your Healthcare Professional about your Medication



A **medication review** is when you meet with your health care professional to talk about the medication you take, and if any changes need to be made



Please fill in this booklet and bring it with you to your medication review.



It will help the person doing your medication review understand about your health, and how you feel about your medication.



You can also tell them if you have any problems with your medications.

This can include medications prescribed for you, or medications you buy, such as painkillers or for constipation.



How to use this booklet

You can fill in this booklet on your own, or you can ask someone to help you.

Speak to the person who gave or sent you this form if you have any questions about it.



Some questions have boxes for you to tick. Fill in each question by putting a tick into the box next to the answer you want to choose.

Example:

Do you know what medication you take?



yes



no



not sure



There is space at the end of the booklet for you to write in any questions or things you want to say at the medication review.



Your name is _____



Do you know what each of your medication is for?

☐

yes, all of
them

☐

yes, some
of them

☐

no



Do you need help to take your medication?

☐

yes

☐

no

☐

not sure



Do you take your medication as your health care professional advised you to?

☐

yes

☐

no

☐

not sure



Do you find it hard to remember to take your medication?

☐

yes

☐

no

☐

not sure



Do you find it hard to swallow your medication?

☐

yes

☐

no

☐

not sure



Do you have any problems taking your medication at the times you are supposed to take them?

☐

yes

☐

no

☐

not sure



How does your medication make you feel?

☐

better

☐

same

☐

worse

☐

not sure



Do you have any questions about what any of your medication is for?

☐

yes

☐

no

☐

not sure

The next questions are about side effects that you might or might not feel.



Do you find it harder to see things?

☐

yes

☐

no

☐

not sure



Are your arms and legs harder to move?

☐

yes

☐

no

☐

not sure



Do you feel more shaky?

☐

yes

☐

no

☐

not sure



Do you need to go to the toilet more?

☐

yes

☐

no

☐

not sure



Do you find it more difficult to go to the toilet?

☐

yes

☐

no

☐

not sure



Does your mouth feel more dry?

☐

yes

☐

no

☐

not sure



Are you eating more food?

☐

yes

☐

no

☐

not sure



Do you feel more hungry?

☐

yes

☐

no

☐

not sure



Does your mouth get more wet?

☐

yes

☐

no

☐

not sure



Is your skin more itchy?

☐

yes

☐

no

☐

not sure



Do you feel more tired?

☐

yes

☐

no

☐

not sure



Use the space below to write anything you want to ask or tell the person doing your medication review.



If you have any worries or questions about your medication, you don't have to wait for your medication review to talk about it.

Talk to your staff, family or someone else you trust.

Make an appointment to speak to your doctor or health care professional.